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Navy & Marine Corps Medical News (MEDNEWS)
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This service distributes news and information to
Sailors and Marines, their families, civilian employees,
and retired Navy and Marine Corps families. Further
dissemination of this e-mail is encouraged.

Headlines this week include:

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MN97158. QDR: People, Quality Of Life Top Priority For CNO
Washington, DC - "Professional opportunity and quality
of life will remain top priorities."

That's the key point ADM Jay L. Johnson, chief of naval
operations, wants to make clear to Navy men and women as
senior leaders wrap up the current review of defense
requirements.

In a message to Navy leadership about the Quadrennial
Defense Review (QDR), Johnson emphasized the Navy's primary
focus will remain squarely on taking care of Sailors. This
Congressionally-mandated defense review, which is to be
released in May, will likely signal the Navy is in store for
some changes.

"Change may come, but it will be carefully managed and
phased over a number of years," the CNO stated in his recent
message. "We have the tools to manage change carefully so
that we continue to retain our best. We remain committed to
our career force. The Navy of the 21st century will be
slightly leaner and more capable. We will employ new
technologies and continue to rely on top quality Navy men
and women."

This was echoed by the Master Chief Petty Officer of
the Navy.

"The professional career Sailor who joined the Navy anticipating a fulfilling experience will continue to have ample opportunity to succeed," said ETCM(SW) John Hagan. "The single most important element in the success of our naval forces is the Sailor on duty, the Sailor at sea, the Sailor who serves unselfishly under the harshest conditions away from the comfort of home and family. Our efforts on behalf of our Sailors and their families continue to be the number one priority, from the bridge to the Pentagon."

Johnson cautioned all leaders in command that there will be speculation and rumors about the QDR. He emphasized the Navy will only make changes that "make us a better Navy."

"With or without the QDR, we would still be looking to make some changes," he added. The CNO believes QDR has been a timely opportunity for the Navy to explore alternatives and new technologies and set the course to shape a leaner, more capable and better Navy for the 21st century."

One of the biggest factors leading to change is the need for renewed emphasis on future modernization. For years the Navy has funded operations, maintenance and manpower requirements by drawing on funds for modernization and procurement. While he continues to focus on people and readiness, Johnson said the service needs to rebalance its accounts and better stabilize the force.

Johnson noted that there are five main variables in the equation: people/quality of life, readiness, modernization, force structure, and infrastructure.

If we keep the first two constant, and we want to increase the third (modernization), we must reduce force structure and/or infrastructure."

According to the CNO, the Navy needs to maintain current capability and readiness in the near-term while selectively increasing modernization in the long-term. This will help the service address potential future threats and build the Navy of tomorrow.

Johnson sees the Navy harnessing new technologies and doing things more efficiently as two ways of achieving change without adversely affecting the Navy's most important asset - its people.

"The Navy/Marine Corps Team will continue to be the force of choice for the 21st century," says the CNO. "Concern for our people and their families will continue to be embedded in every decision we make. I am committed to supporting all Sailors and keeping our Navy properly manned, trained and equipped as we go forward."

From Navy News Service

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MN97159. Annapolis Sailors Have Corpsmen to Thank for Safe Ride

Annapolis, MD - The Navy has always had a commitment to taking care of its own. Now three cab companies are joining forces with the Navy to take care of Sailors stationed in

the Annapolis area.

The Safe Sailor Ride (SSR) program issues Sailors in the Naval Academy area a special card that can be exchanged for a cab ride with one of the participating cab companies whenever Sailors find themselves out of money and in need of a safe ride home. The cab company then sends the card to the Annapolis Area Chief Petty Officers' Association, which will then reimburse the cab company for up to \$25 for each card presented.

SSR was set up by HMC Nanette Fitzgerald and HMC Paul Piepho, both of Naval Medical Clinic Annapolis, who got the idea from simlilar programs set up in locations where there are many Sailors and Marines. According to Fitzgerald, SSR is different from other programs because it's not just for Sailors who had one too many beers. It's also for the Sailor who has car trouble in the middle of the night, who misses a ride home or who needs a lift after a date gone bad.

"We haven't had any problems, but we want to be proactive in taking care of our Sailors," said Fitzgerald. "This program is about getting our Sailors home safe and alive."

More than 500 Sailors in the Annapolis area now carry the card, and each new Sailor who checks on board is given one.

Sailors who use the card are responsible for reimbursing the Chief Petty Officers' Association for the cab fare.

By Karen Coffman, Naval Medical Clinic Annapolis

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MN97160. ENTERPRISE Families Help Out Fisher House

Norfolk, VA - The USS ENTERPRISE Family Association recently donated \$750 to the Zachary & Elizabeth Fisher House Apartments in Portsmouth, VA, to help Navy families who need a little extra care.

Fisher House, located near Naval Medical Center Portsmouth, provides lodging for service families that have a seriously ill member receiving care at the hospital.

"This is the only money we're spending outside the ENTERPRISE 'family,'" said Janet Malone, who advises the Family Association. "We presented the gift to Fisher House Apartments because it will go right back to the service members."

The executive director of Fisher House Apartments in Portsmouth, Mary Johnson, said the money will be used to make guests' lives easier during a stressful time in their lives.

"This is the largest donation we've ever had," said Johnson.

by JO3 K. Scott Cook, USS Enterprise

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MN97161. Navy MDs, MSC Officer Tapped as Astronaut

Candidates

Washington, DC - The CNO announced the results of this year's Navy astronaut selection board recently, and on the list of 239 are nine members of the Medical Department.

They are:

- LCDR Thomas Pokorski, MSC
- CDR Steven Temerlin, MC
- LCDR Ricky Snyder, MC
- CDR Angus Rupert, MC
- LT Gregorio Abad, MC
- CAPT Jonathan Clark, MC
- LCDR Randall Hyer, MC
- LCDR Edward Jorgenson, MC
- CAPT Kenneth Koskella, MC

These selections, along with the other 230 from other Navy communities, will be forwarded to the National Aeronautics and Space Administration (NASA) for consideration for NASA's space shuttle astronaut program. NASA's finalists will be invited to Lyndon B. Johnson Space Center in Houston, TX, for a week of interviews.

Announcement of the final selectees is scheduled for January 1998.

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MN97162. It's Coming! All Hands Wants Your Day in the Navy
Washington, DC - Mark your calendar! Your day is coming!

Thursday, May 8, 1997 is the day All Hands magazine wants you to capture photographs of Sailors, Marines, Navy and Marine Corps civilians, and their families as they "tell" the Navy's story. It's a terrific way to show off Navy Medicine.

Photographs should show imagination and creativity. They might show people doing what they do everyday, but says something special about the subject or the command. Or, the photographs might be unique, once-in-a-lifetime shots.

The only rules are that the subjects in the photographs reflect the diversity of the Navy; there are no safety or uniform violations; and that the photographs are taken during the 24-hour period of May 8, 1997.

Photos must be received at: Naval Media Center, Publishing Division, Attn: All Hands, NAVSTA Anacostia, Bldg. 168, 2701 S. Capitol St., SW, Washington, DC 20373-5819 by May 30, 1997. They may be color slides, or black and white or color prints 5x7 or 8x10. Include full name, rank, duty station, and phone number of photographer; the names and hometowns of identifiable people in the photos; and details on what's happening and where the photograph was taken. See the inside front cover of February, March or April's All Hands for the submission/caption form.

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MN97163. Navy Celebrates Military Spouse Appreciation Day
Washington, DC - Chief of Naval Operations ADM Jay L.

Johnson sends the following message to the fleet:

"This year May 9 has been designated as Military Spouse Appreciation Day. Please join me in expressing appreciation to our Navy spouses for the significant role they play in assuring the well-being of our communities, our service members and our families.

"Our spouses provide invaluable perspective and help us successfully balance our lives between work and home, and they unselfishly share their love and support with us and those we care about most. Finally, they remind us of the importance of reaching out to others in times of peace and war, crisis, transition, separation, and deployment.

"It is especially important that we acknowledge our spouses' efforts and thank them for their continuous courage, strength, patience, love, and support.

"I encourage all commanders and commanding officers to recognize Navy spouses through appropriate ceremonies, exhibits and proclamations which convey our appreciation and gratitude."

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MN97164. TRICARE Question and Answer

Q. I just enrolled in TRICARE Prime and now have a Primary Care Manager. If I know that I have to see a specialist for my heart condition, do I need to contact my PCM before I go? What will happen if I don't contact my PCM first?

A. For those enrolled in TRICARE Prime, it is always necessary to first consult your Primary Care Manager (PCM) for specialty care. If you need to see a specialist, your PCM will help make an appointment for you.

If you see a specialist on your own without first consulting your PCM you will automatically participate in TRICARE Prime's Point-of-Service option.

Point of Service allows you to see any qualified health care provider you like, but you are responsible for 50 percent of the cost after your deductible (\$300 for single enrollment and \$600 for family enrollment) is met.

Additional information on TRICARE is available on the Department of Defense Health Affairs Homepage on the World Wide Web at www.ha.osd.mil.

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MN97165. Healthwatch: Eat Breakfast for Energy

Good nutrition is for everyone, but it's rare to find an athlete-in-training who doesn't live and breathe by eating right.

Runners are an especially nutrition-savvy bunch. Often you'll find them "devouring" food labels and "munching" on the latest sports nutrition news. They realize their nutritional knowledge empowers them to make the food choices that translate into better racing and healthier living.

Healthier living includes making healthy food choices. As you begin your spring regimen remember to make the smart

food choices. It's been found that athletes who skip breakfast generally train less effectively, suffer needless fatigue and may perform sub-optimally. When you skip breakfast routinely you are missing out on an energizing meal.

Any breakfast is better than no breakfast, just as some choices are better than others. If you're looking to boost your carbohydrate intake to increase your energy level breakfast is the ideal meal.

For a high-energy day, try these carbohydrate-rich meals:

- Muffins or bagels with jam, yogurt and dried fruit.
- Pancakes, French toast or waffles with low-fat, low sugar syrup, juice and low-fat milk.
- Pita bread with one or two slices low-fat cheese, fresh fruit and juice.

According to LT Leslie Cox, MSC, a registered dietitian and author of the Navy's nutrition and weight control self-study guide, a recent study showed that eating breakfast can raise metabolism by as much as 10 percent.

"Most of my patients who were overweight skipped breakfast," said Cox. "The first thing I tell them to do is eat breakfast."

There is no excuse for skipping breakfast, especially for those gearing up to train or those in training. Here are some rebuttals for those common excuses to skip breakfast:

- "I don't have time." If you have time to train, you have time to fuel those muscles.
- "I'm not hungry in the morning." Rearrange your meal patterns. Those that lack a morning appetite usually ate breakfast at bedtime. Evening snacks can curb one's morning appetite and contribute to weight gain, dietary deficiencies and muscular fatigue.
- "I'm on a diet." You lose weight more effectively by eating a substantial breakfast, rather than a large dinner. A wholesome carbohydrate-rich breakfast not only fuels muscles but also prevents you from getting hungry. Eating "junk-food" cheats your body of vitamins, minerals and carbohydrates needed for top performance.

Those in training need to fuel or refuel their muscles. When you miss breakfast, you'll be likely to run on steam. The success of an athlete is not a miracle. It is the result of sensible food choices and proper eating habits.
By LCDR A.E. Santana, NC, Naval Hospital Pensacola

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis, MEDNEWS editor, at e-mail mednews@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.

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